

COLLEGE SOCCER

# Wolves hope to take the next step

*Western Oregon looks for a return trip to conference tournament*

By Lukas Eggen  
The Itemizer-Observer

MONMOUTH — When senior Makena Pundyke arrived at Western Oregon as a freshman in 2012, the Western Oregon women's soccer team was in a state of transition.

Head coach Steve Ancheta, then in his second season, was building the start of what he hoped would be something special.

Entering the 2015 campaign, and the Wolves are hungry to realize that potential in the Great Northwest Athletic Conference.

"I've seen a lot of progress from when I was a freshman to now," Pundyke said. "I think our best year is to come."

Whether the squad realizes that potential may come down to one big area.

At first glance, WOU's biggest strength in 2014, its defense, should receive a boost this fall with the return of senior Brooke Steinberg. Steinberg started 18 of 19 matches in 2013 before knee injuries forced her to miss the 2014 campaign.

She figures to give another steady presence to a back line that recorded seven shutouts, tied for third most in the conference.

The defense's biggest question mark will be at



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Makena Pundyke (right) and Taylor Higa return to help lead the Wolves in 2015.

goalkeeper, after losing Amanda-Rose Johnson to graduation. Lindsey Mabinuori, the lone goalkeeper returning from last year's ros-

ter, played in two games in 2014.

The Wolves hope to combat any growing pains at goalkeeper with an im-

proved offensive.

Pundyke, who led the team in goals (four) and shots (38) during the 2014 season, will be called upon

## WOU Soccer

**Head coach:** Steve Ancheta (fifth season).

**2014 record:** 6-8-4 overall; 4-6-4 Great Northwest Athletic Conference, fifth place.

**Key returners:** Makena Pundyke, sr., midfielder/forward; Brooke Steinberg, sr., defender; Taylor Higa, jr., forward/midfielder.

**Newcomers to watch:** Phoebe Hendry, jr., mid-field/forward; Dacia Alexander, fr., midfielder; Chelsea Hartnett, fr., midfielder; Danielle Payne, soph., midfielder/defender; Morgan Roan, fr., midfielder; Sydney Thomas, fr., midfielder/defender.

**Significant stat:** 7 — The number of shutouts the Wolves recorded during the 2014 season.

to help spur an attack that ranked sixth out of eight teams in goals scored in 2014 with 16, less than half of what GNAC Tournament champion Seattle Pacific (38) recorded.

"We need to lay our hat on something early on and that will be our defense," Ancheta said. "But we have to score more goals, there's no question."

While Pundyke and Steinberg will be two of the squad's most experienced leaders, some new faces could have a major impact on the team's fortunes, including Phoebe Hendry a

junior transfer from Mendocino College in California.

Hendry scored 10 goals and recorded 13 assists as a sophomore and is one of the reasons why players believe its offense is ready to break out.

"I think we played well against good teams because we played good defense against them," Steinberg said. "I'm excited this year that we have so much talent and can move the ball better and play against people, instead of playing defense and hoping that we're going to score."

Entering their final season with the Wolves, Pundyke and Steinberg have their eyes set on a trip to the GNAC tournament.

After finishing fifth in 2014, players know that it won't be easy — Seattle Pacific and Western Washington both qualified for the NCAA tournament last year.

"Our league is tough," Ancheta said. "It's going to be really tight and there are going to be a lot of close games. That's not going to change. It's only going to get tougher."

Now, players are eager for a chance at a conference title.

"This is my senior year, so this is it for me," Pundyke said. "With how much we have accomplished so far, I believe we can get to the final four and past it to the NCAA tournament."

# Heat: Coaches promote all day hydration

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"We dictate the pace as it heats up," Cirino said. "We use the standard of going about 30 seconds per mile slower for every 5 degrees. So, if you're running a 7-minute mile and its 80 degrees, if it reaches 90 degrees, you should be running an 8-minute mile."

Other measures taken include planning out routes closer to Central's campus and having ice water stations that runners are required to stop at, as well as

monitoring heart rate and increased recovery time during workouts.

"We try and make it fun, let the kids run through the sprinklers or have more cold water stations," Cirino said. "If you cool off in between reps, you can almost make the heat irrelevant."

For football, which requires players wear protective gear, the OSAA requires coaches ease the players into a new season.

"Part of the rules has to do with getting the kids acclimated to the heat," Dallas

football coach Tracy Jackson said. "(On Monday) and Tuesday, we practiced with helmets only. Today, they'll have shoulder pads on and Thursday we can go full pads."

The heat is affecting practices at the collegiate level as well. Western Oregon women's soccer coach Steve Ancheta said excessive heat means every practice is run as efficiently and safely as possible.

"You have to control your practices," Ancheta said. "We really shorten our train-

ing parts down to 10 minutes, have more water breaks and days that we do double workouts, maybe your practice isn't as long. You have to be careful and not slow things down, but have high intensity in shorter periods of time, and you can still get a lot out of them."

Aside from keeping a close eye on athletes during practices, coaches at all levels are also hoping to teach their athletes to make healthy choices when it comes to food and drinks.

"Caffeine is a no-no for athletes right now," Jackson said. "Caffeine dehydrates you, and that can be dangerous with this heat."

Encouraging their athletes to get rest and stay hydrated are also important keys to being able to practice in the summer heat.

"I tell my kids they have to hydrate throughout the day and not try to tank up at the last minute," Cirino said. "They have to take care of themselves, including eating and drinking

well. Eating well might not be that big of a deal when its 70 degrees and you are hydrated. At 90 degrees, that's going to show up real well. This is a good opportunity to educate them on the little things."

As Polk County athletes begin their 2015 campaigns, the first opponent they are facing isn't another school — it's the heat.

"You make sure you're taking care of them and that they feel safe," Jackson said. "That's what we can offer as coaches."

## PREP SWIMMING

# Martin steps down as coach

By Lukas Eggen  
The Itemizer-Observer

INDEPENDENCE — Central's swim program is in search of a new coach. CHS Athletic Director Shane Hedrick announced on Thursday Shawn Martin is stepping away as coach of the Panthers' swim program.

Martin accepted a new job in Newport. The job is unrelated to swimming.

Martin coached Central for the past three seasons.

"I think they have a good foundation for the girls," Martin said. "They have young girls stepping up and the good swimmers are getting older and more experienced. The boys have Daniel (Glade) and some others who are setting up pretty nice. They will have opportunities to continue to do well."

Most recently, Nathan Glade qualified for the 2015 state swim meet under Martin's guidance, reaching the finals in the 100-yard breaststroke. The Panthers also saw its 200 medley relay team of Nathan Glade, Daniel Glade, Ryan Rosas and Orion Waight qualify for state as well.

Martin also pushed for Central swim practices at

Western Oregon University during the 2014-15 season, allowing the team to offer workouts in the mornings and evenings, as well as making it easier for swimmers to get to and from practice. Previously, the Panthers practiced at Dallas Aquatic Center.

"I think it helped the parents a lot," Martin said. "The parents were able to help at our home meets more than I know they were previously able to because their time was spent carpooling to and from practices. And having the kids have two practices a day made a big difference. We had more records broken this year than any other year."

Hedrick said the school opened its search for a new coach immediately.

Martin's tenure at Central is something he won't soon forget.

"It's been really nice working with the kids, seeing them grow into adults and having them come back and see where they're at," Martin said. "It's been fun to see the impact swimming might have had on their lives. I'm hoping for the best for the program. It's been a big part of my life. Those kids gave me more than I gave them."

## Ready For Some Football?



LUKAS EGGEN/Itemizer-Observer

High school football players take part in a drill during Central's football camp on Friday afternoon. Central hosted two camps, one for high schoolers and one for younger students, last week. The Panthers opened official practices on Monday. Central finished 7-3 overall and 6-1 in Mid-Willamette Conference play during the 2014 season, the team's first in Class 5A.

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